



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## **PRE-PRF (Platelet-Rich Fibrin) EZ GEL APPOINTMENT INSTRUCTIONS**

PRF (Platelet-Rich Fibrin) EZ Gel is a 100% natural, regenerative injectable derived from your own blood. Because we are relying on the quality of your plasma, your "internal prep" is just as important as your "external prep."

### **7 Days Before Treatment**

- **Blood Thinners:** Avoid over-the-counter blood-thinning medications and supplements unless medically necessary. This includes Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Vitamin E, Ginkgo Biloba, Garlic, Ginseng, and high-dose Fish Oil/Omega-3s.
- **Alcohol:** Avoid alcohol consumption for at least 3–7 days prior to your appointment, as it thins the blood and increases the risk of bruising and swelling.

### **3 Days Before Treatment**

- **Hydration is Key:** Drink at least 64–80 oz of water daily. Being well-hydrated makes the blood draw easier and improves the quality of the fibrin gel produced.
- **Healthy Nutrition:** Eat a clean, balanced diet. Avoid heavy, fatty, or greasy meals the day before and the morning of your treatment, as high lipid levels in the blood can interfere with the PRF separation process.

### **Day of Treatment**

- **Eat a Meal:** Do not arrive on an empty stomach. Eat a light, healthy meal 1–2 hours before your appointment to prevent lightheadedness during the blood draw.
- **Clean Skin:** Arrive with a clean face, free of makeup, lotions, or sunscreens.
- **Comfort:** Wear comfortable clothing, ideally with sleeves that can be easily rolled up for the blood draw.

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## Important Contraindications

Please notify us immediately if any of the following apply to you:

- You are pregnant or breastfeeding.
- You have a history of systemic cancer or chemotherapy treatments.
- You have an active infection or "cold sore" in the treatment area.
- You have an underlying blood disorder or low platelet count.
- You have used Accutane within the last 6 months.

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## California Compliance & Safety Note

*As a reminder, individual results may vary. PRF EZ Gel uses your body's own natural growth factors; therefore, lifestyle factors such as smoking, stress, and poor diet can diminish the efficacy of the treatment.*

**Questions or Concerns?** Your safety and satisfaction are our top priorities. If you have any questions regarding these instructions or if you are taking a prescription medication and are unsure if you should stop, please contact our office.

 714-848-2232